

What can you do to QUIT commercial tobacco?

- Speak to a pastor or spiritual leader in your community
- Go to a sweatlodge, traditional healer or medicine man
- Schedule an appointment to talk to your doctor about options to quit
- Call American Indian QuitlineNC for culturally appropriate help and FREE resources: 888-7AI-QUIT (888-724-7848) or www.quitlineNC.com or text READY to 200-400

If you are ready to QUIT, QuitlineNC is a great resource:

- All services are FREE and CONFIDENTIAL (information collected will not be shared)
- A Quit coach, trained on working with American Indians, will help you make your QUIT plan
- Available: 24 hours a day, 7 days a week
- Free nicotine patches and gum or lozenges mailed to your home



Eastern Band of Cherokee Indians Public Health and Human Services

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NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

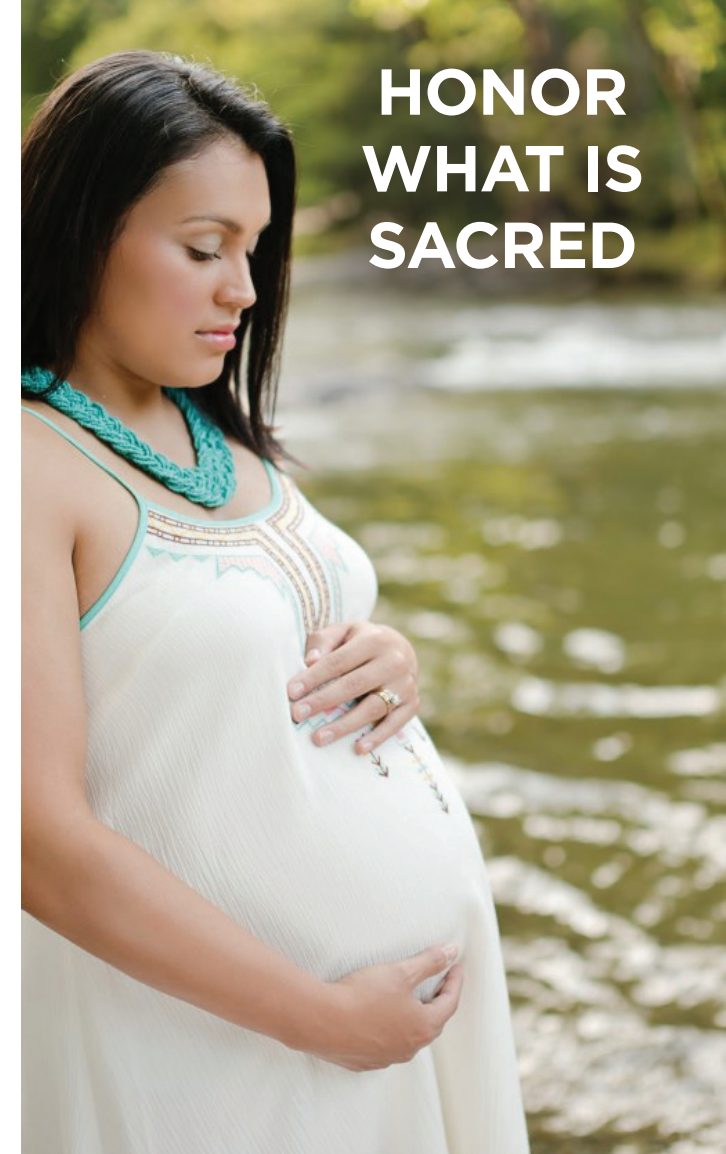


AMERICAN INDIAN
QuitlineNC

NC Department of Health and Human Services
Division of Public Health
Tobacco Prevention & Control Branch
www.tobaccopreventionandcontrol.ncdhhs.gov

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EASTERN BAND OF CHEROKEE INDIANS



//////// Tobacco & History //////////

For the Cherokees, tobacco is a plant that existed in the mythic past, a plant that the Cherokee people have always had. Tobacco (*Nicotiana rustica* or what Cherokee people today call “old tobacco”) is a native plant. Archaeological evidence shows that it was smoked in combination with other plants.

Historical evidence beginning in the 18th century, along with oral tradition from Cherokee culture, indicates that Cherokees in the 18th century smoked pipes ceremonially, as a form of prayer. This was one of several ceremonies that helped the Cherokee people follow the path of balance or “the right way,” *duyvkta* in Cherokee language. Plants would have been gathered with the prescribed ritual and blended with special prayers. Medicine pipes that would be used in this ceremony were created carefully and prayerfully and had certain taboos associated with their use. People of European descent called this “smoking the peace pipe” because they observed that the pipe was always smoked at treaty discussions. Cherokees and other Native Americans smoked the pipe together in order to pray before any important discussion. Traditionalists continue this ceremony today.

Commercial vs. Traditional Tobacco

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Traditional (non-recreational) - the tobacco that grows and is collected in the wild, specifically for ceremonial or medicinal uses.

Examples of medicinal/ceremonial uses:

- Health: lungs, stomach, nose, cuts, wounds, animal/insect bites
- Spiritual: prayer tool, gift, offering

Plants used as medicine:

- mullein
- cedar
- sage
- sweet grass
- red willow bark



Commercial (recreational) - the tobacco that is farmed and manufactured for profit. Manufactured tobacco contains more than 4,000 chemicals when lit. Smokeless forms of tobacco (chew, snuff, dip, e-cigarettes, vaping and spit) also contain cancer causing agents.

HONOR WHAT IS SACRED: **Our Bodies are Sacred**

As Cherokees, we know
our bodies are temporary,
but our spirit is eternal.
Smoking commercial
tobacco contaminates
our body but sacred use
of tobacco purifies our
mind, body and spirit.



When you QUIT:

- Fewer wrinkles on your face
- Healthier gums and fewer cavities
- Breathe better & have more energy
- Reduced chance of getting cancers, COPD and emphysema
- Save money for that new car!
- Children not exposed to secondhand smoke
- Live longer & lead by example

HONOR WHAT IS SACRED:
Our Children are Sacred



"I wish every place at Cherokee would be smoke free and all the elders and adults would set a good example for the kids in the tribe."

- CHAMP MANEY, EBCI, 11 YEARS OLD